Data that matter: Championing adolescent well-being measurement

Data tell a story!
Data help us understand the world around us and can be a tool for action. When you support a cause – such as improving the well-being of children and young people – data can help you to identify problems, track progress, and convince others.

Improving the availability and use of data on adolescent well-being

What’s going on?
There is a new global effort to support countries to 1) use existing data, 2) fill information gaps, 3) report on the actions they are taking to improve adolescent well-being.

Who is involved?
The World Health Organization (WHO) is leading the effort, together with other United Nations partners, researchers from around the world, and young people.

How can I help?
You can get involved by providing feedback to WHO on the work so far through our website or by writing to adolescent@who.int. You can also look for data about adolescents and youth in your country and talk about these data with family, friends, and people in your community.

An overview of the work
The work to strengthen adolescent well-being measurement includes three main steps:

The next page shows more details on each step.
The first step to measurement is to define what we mean. Although well-being can be defined in different ways, we are using the Adolescent Well-being Framework as our starting point. It has 5 domains:

- **Good health and optimum nutrition**: This is not just about avoiding illness. It means having the ability to handle tasks and challenges effectively.
- **Connectedness, positive values and contribution to society**: Feeling connected and contributing to society is vital for our well-being. A supportive social network (including family, friends or other people in the community) can improve our mental health and provide lifelong benefits.
- **Safety and a supportive environment**: To support healthy development into adulthood, it is important to create a safe and supportive environment that protects adolescents from physical harm and ensures equality and non-discrimination.
- **Learning, competence, education, skills and employability**: Learning opportunities and skill development help adolescents transition smoothly into adulthood.
- **Agency and resilience**: Agency means having the capacity to make choices and the power to act on them, which is essential for building resilience. Resilience helps us adapt to changes or disruptions that threaten our stability and well-being.

The second step to measurement is to understand what is important to measure and decide how to measure it.

The third step is to use the data we have available to measure progress in adolescent well-being. We can also identify areas where we need more data. The goal is to improve adolescent well-being!

**Resources**

- Learn more: [https://www.who.int/groups/adolescent-well-being-measurement-expert-consultative-group](https://www.who.int/groups/adolescent-well-being-measurement-expert-consultative-group)
- Explore your country’s data: WHO’s [Adolescent Data Portal](https://www.who.int/adolescent-data-portal) and [Child health and well-being dashboard](https://www.who.int/indicators/en/)
- Find out how to use data for advocacy and action

**GLOSSARY**

- **Adolescents**: people 10-19 years old, according to the World Health Organization.
- **Data**: a collection of information, which could be measurements, facts, or observations. Data can be quantitative (based on numbers) or qualitative (based on words, images, etc., not numbers).
- **Indicator**: a summary measure. It is a quantitative piece of information that indicates something.